

We make your health a priority



La Vita Personal Training

We all need the advice of an expert sometimes, as well as the personal accountability that comes with having a trainer. Whether a beginner or veteran, let our Certified Personal Trainers help you set and meet your specific goals in order to live a healthier life.

Individual Training

1 hour: \$60

*Individual hours valid 12 months from purchase

Monthly Training

½ hour Sessions – 4/month

Months	Sessions	Monthly Fee
3	4/mo (12 total)	\$112 (\$28/session)
6	4/mo (24 total)	\$104 (\$26/session)

½ hour Session – 8/month

Months	Sessions	Monthly Fee
3	8/mo (24 total)	\$208 (\$26/session)
6	8/mo (48 total)	\$192 (\$24/session)

1 hour Session – 4/month

Months	Sessions	Monthly Fee
3	4/mo (12 total)	\$200 (\$50/session)
6	4/mo (24 total)	\$192 (\$48/session)

1 hour Session – 8/month

Months	Sessions	Monthly Fee
3	8/mo (24 total)	\$384 (\$48/session)
6	8/mo (48 total)	\$368 (\$46/session)

***10% discount for any package that is paid in full.**

Group Training

Grab your friends with similar goals and train together! With a smaller group, you get a personalized training experience along with the benefits of working out with your friends (more accountability, motivation, camaraderie, to name a few).

Group size: 2 – 4 members

Group Personal Training Investment:

5 hours: \$135/person

10 hours: \$250/person

*Must complete sessions with your entire group. If one member cannot attend a session, then the group can choose to cancel and reschedule the session with a 24 hour notice, or the individual missing the session will be charged with the rest of their group.

Schedule a **FREE Personal Training Consultation** to discuss what personal training option is appropriate for you! Stop by the Member Services desk or call 608.745.3800 to schedule your appointment.

Get Started Today! (608) 745-3800

LA VITA



Sponsored by **the Sisters of the Divine Savior**

Jump start your way to a healthier you!

WHAT IS JUMPSTART?

- This **\$99 JUMPSTART package** includes 5 sessions with a Personal Trainer including a Fitness Assessment, Fixed Equipment Orientation, Cable and Free Weight Orientation, Bands and Balls Orientation, and a Customized Personal Training Workout
- For new personal training clients only
- Available for members only and expires 30 days from date of purchase
- Limit 1 package per member

WHAT SHOULD I EXPECT AT EACH APPOINTMENT?

Session 1: Fitness Assessment

The Fitness Assessment includes a series of measurements that helps determine your current physical fitness level. Measurements include: height, weight, body composition, blood pressure, muscular endurance, cardiovascular endurance, and flexibility. It is a great way to evaluate your baseline fitness level.

Session 2: Fixed Equipment Orientation

The Equipment Orientation is an informational session that will provide you with instruction on the proper use of our Matrix cardiovascular and fixed strength training equipment.

Session 3: Cable & Free Weight Orientation

The Cable and Free Weight Orientation will expand your knowledge of resistance training by incorporating cable machines and free weight exercises. You will learn how to adjust cable settings, use a variety of attachments, and learn proper form and technique.

Session 4: Bands & Balls Orientation

The Bands and Balls Orientation will incorporate functional training exercises using resistance bands, stability balls and medicine balls for a challenging and fun workout.

Session 5: Customized Personal Training Workout

A Customized Personal Training Workout will be created by you and your Fitness Specialist to incorporate your goals, abilities and interests.

HOW CAN I SIGN UP?

Stop by Member Services to get signed up for this package and to schedule your appointments.

My first appointment is scheduled for

_____ at _____ am/pm
with _____.

Please come to your first appointment in athletic attire and shoes.

Cancellation Policy: Members will incur a no-show charge for appointments canceled less than 24 hours before the scheduled session. If you need to reschedule your appointment, please call Member Services at 608.745.3800.

